U.S. Sen. Bob Menendez pleads not guilty to pocketing bribes in a wide-ranging corruption case

By LARRY NEUMEISTER, ALANNA DURKIN RICHER and JAKE OFFENHARTZ Associated Press

NEW YORK (AP) — U.S. Sen. Bob Menendez of New Jersey pleaded not guilty on Wednesday to federal charges accusing him of pocketing bribes of cash and gold bars in exchange for wielding his political influence to secretly advance Egyptian interests and do favors for local businessmen.

Menendez led his wife, Nadine, who also pleaded not guilty in the case, by the hand out of the courtroom after the brief hearing in the lower Manhattan federal courthouse days after prosecutors unsealed an indictment alleging vast corruption by the Democrat. The couple ignored shouted questions from reporters as they left the courthouse. Menendez gave a tight-lipped smile as he stepped into a car.



Continued on Page 2

Sen. Bob Menendez leaves federal court, Wednesday, Sept. 27, 2023, in New York.

Associated Press





U.S. Sen. Bob Menendez pleads not guilty to pocketing bribes in a wide-ranging corruption case

Continued from Front

A defiant Menendez has said allegations that he abused his power to line his pockets are baseless. He has said he is confident he will be exonerated and has no intention of leaving the Senate.

Still, calls for Menendez to resign continued to mount on Wednesday with Illinois Sen. Dick Durbin, the No. 2 Senate Democrat, saying "he should step down." More than half of Senate Democrats have now said that Menendez should resign, including fellow New Jersey Sen. Cory Booker.

Senate Majority Leader Chuck Schumer, speaking to reporters hours after Menendez's court appearance, did not call for Menendez to resign and said Menendez would address his Democratic colleagues on Thursday. "We all know that senators -- for senators, there's a much much higher standard. And clearly, when you read the indictment, Sen. Menendez



Sen. Bob Menendez and his wife, Nadine Menendez leave federal court, Wednesday, Sept. 27, 2023, in New York.

Associated Press

fell way, way below that standard," said Schumer, D-N.Y.

Menendez spoke in court only when each defendant stood to acknowledge that they understood the charges against them. A lawyer entered the not guilty plea for Menendez, who was forced to step down as chairman of the powerful Senate Foreign Relations Committee after being indicted.

The senator was released on a \$100,000 bond, and he must surrender any personal passports but will be allowed to keep an official passport that would allow him to travel outside the U.S. for government business. The judge ordered him not to have contact outside of the presence of lawyers with his co-defendants except for his wife.

He also cannot talk about the case, outside of the presence of lawyers, with members of his Senate staff, Foreign Relations Committee staff or political advisers who have personal knowledge about the allegations. It was not immediately clear how those restrictions would affect his work. Maryland Sen. Ben Cardin was approved Wednesday as the new chairman of the Foreign Relations panel.

It's the second corruption case in a decade against Menendez, whose last trial involving different allegations ended with jurors failing to reach a verdict in 2017. Authorities say they found nearly \$500,000 in cash, much of it hidden in clothing and closets, as well as more than \$100,000 in gold bars in a search of the New Jersey home Menendez, 69, shares with his wife.

Menendez's wife was released on \$250,000 bond secured by her home in her Englewood Cliffs, New Jersey. Prosecutors say she played a key role in collect-

ing hundreds of thousands of dollars worth of bribes from three New Jersey businessmen seeking help from the longtime lawmaker.

Prosecutors allege repeated actions by Menendez to benefit the authoritarian government of Egypt. They say Menendez also tried to interfere in criminal investigations involving associates, in one case pushing to install in New Jersey a federal prosecutor who he believed he could influence to derail a case.

Two of the businessmen, Jose Uribe and Fred Daibes, also pleaded not guilty and were freed pending trial. They did not speak to reporters as they left the courthouse and their attorneys also declined to comment. The third, Wael Hana, pleaded not guilty Tuesday to charges including conspiracy to commit bribery. Hana was arrested at Kennedy Airport on Tuesday after returning voluntarily from Egypt to face the charges, and was freed pending trial.

Menendez, in his first public remarks after last week's indictment, said on Monday that the cash found in his home was drawn from his personal savings accounts over the years and that he kept it on hand for emergencies.

One of the envelopes full of cash found at his home, however, bore Daibes' DNA and was marked with the real estate developer's return address, according to prosecutors.

Prosecutors said Hana promised to put Menendez's wife on his company's payroll in a low- or no-show job in exchange for Menendez using his influential post to facilitate foreign military sales and financing to Egypt. Prosecutors allege Hana also paid \$23,000 toward her home mortgage, wrote \$30,000 checks to her consulting company, promised her envelopes of cash, sent her exercise equipment and bought some of the gold bars that were found in the couple's home.





U.S. allows Israeli citizens to travel to US visa-free as Israel joins a select group of countries

REBECCA SANTANA Associated Press

WASHINGTON (AP) — The Biden administration is admitting Israel into a select aroup of countries whose citizens are allowed to travel to the United States without getting a visa in advance.

The decision announced Wednesday comes despite Washington's concerns about the Israeli government's treatment of Palestinian Americans and marks a major accomplishment for Israeli Prime Minister Benjamin Netanyahu, who has sparred frequently with the Biden administra-

Under the waiver program, as of Nov. 30, Israelis will be able to travel to the U.S. for business or leisure purposes for up to 90 days without a visa simply by registering with the Electronic System for Travel Authorization. But even if they are authorized to travel under that system, U.S. officials at the airport can still bar them from entering the country.

Israel had been facing a Saturday deadline, the end of the U.S. government's budget year, to gain ad-



President Joe Biden meets with Israeli Prime Minister Benjamin Netanyahu in New York, Wednesday, Sept. 20, 2023.

mission to the program without having to requalify for eligibility next year.

The Department of Homeland Security administers the program, which currently allows citizens of 40 mostly European and Asian countries to travel to the U.S. for three months without visas. Secretary Alejandro Mayorkas said the agreement, after more than a decade of work, "will enhance our two nations'

collaboration on counterterrorism, law enforcement and our other common priorities" and make the allies more secure.

Secretary of State Antony Blinken, in a joint statement with Mayorkas, cited enhanced "freedom of movement for U.S. citizens, including those living in the Palestinian Territories or traveling to and from them."

Israel's admission has been

Associated Press

a priority for successive Israeli leaders. It comes as Netanyahu is facing months of mass protests against his proposed remake of Israel's iudicial system that critics say will make the country less democratic.

"Today we mark an important and joyful moment for all citizens of Israel," Prime Minister Benjamin Netanyahu said in a statement. "This will save you, citizens of Israel a lot of time, a lot

of trouble and a lot of monev."

He described the decision as "further evidence of the strong ties between Israel and the Untied States" and thanked President Joe Biden and other officials who helped make it pos-

Palestinian diplomats complained that the U.S. had allowed Israel into the program without the country fulfilling its commitments of equal treatment for Palestinian Americans. Palestinian advocacy groups have reported that even during the test phase of the visa waiver agreement, Palestinian Americans have faced discrimination and harassment by Israeli authorities at airports and checkpoints.

"At a time when the U.S. administration has repeatedly said that its goal is for Israel to provide the same opportunities of freedom, equality, prosperity and security for both Palestinians and Israelis, we expect the Biden administration to implement what it believes, works on and promises," the Palestinian Foreign Ministry said in a statement.

Jimmy Carter's 99th birthday celebration moved to Saturday to avoid federal shutdown threat

By The Associated Press

ATLANTA (AP) — The Jimmy Carter Library & Museum is moving up festivities for the former president's 99th birthday because of the threat of a partial federal government shutdown.

Events originally scheduled for Sunday, Carter's birthday, will now be held Saturday on the Atlanta campus of the library and the adjacent Carter Center. An end-of-Saturday deadline looms for Congress to reach a new budget agreement to keep all government offices including presidential libraries and museums open. The commemoration is scheduled from from noon to 4 p.m. Satureday. It

will include a 99-cent entry campaign for president as fee for the Carter museum, which features a replica of the Oval Office as it appeared during Carter's 1977-81 White House term. Anyone 16 or younger will receive free admission. There will be birthday cake, trucks on the grounds. The is also at home with the formuseum's theater will show "All the President's Men" movie chronicles President Richard Nixon's downfall from the Watergate scandal. That turn in U.S. political history, along with the fallout of the Vietnam War, set the stage for Carter, then a one-term Georgia governor, to mount a winning

a Washington outsider who promised never to lie to his fellow Americans.

Carter is the longest-lived U.S. president. He has been in home hospice care at his Plains residence since February. His wife, Rosalynn, games, crafts and food now 96, has dementia and mer president.

If lawmakers in Washington at 1 p.m. on Saturday. The reach a spending agreement by the deadline, the birthday observances will continue Sunday, including the 99-cent museum admission. The Sunday schedule is to also include a naturalization ceremony for 99 new American citizens.

A partial government shut-



Former President Jimmy Carter sits on the Atlanta Falcons bench before the first half of an NFL football game between the Atlanta Falcons and the San Diego Chargers, Oct. 23, 2016, in Atlanta. **Associated Press**

down also would affect federally run historic sites in and around the south

Georgia town of Plains, including Carter's boyhood home and farm. \square



4 in 5 Black adults see racist depictions in the news either often or sometimes, says new study

By DAVID BAUDER **AP Media Writer**

NEW YORK (AP) — In a new study, Black Americans expressed broad concerns about how they are depicted in the news media, with majorities saying they see racist or negative depictions and a lack of effort to cover broad segments of their community.

Four in five Black adults say they see racist or racially insensitive depictions of their race in the news either often or sometimes, according to the Pew Research Center.

Three years after George Floyd's killing triggered a racial reckoning in the news media, Pew took its first broad-based look at Black attitudes toward the media with a survey of nearly 5,000 Black adults this past winter and follow-up focus groups.

The survey found 63% of respondents saying news about Black people is often more negative than it is toward other racial or ethnic groups, with 28% saying it is about equal.

"It's not surprising at all,"



Kevin Richardson, far left, Yusef Salaam, second from left, and Raymond Santana Jr., far right foreground, three of five men exonerated after being wrongfully convicted as teenagers for the 1989 rape of a jogger in Central Park, along with Cicely Harris, second from right, chair of Harlem's Community Board 10, unveil the "The Gate of the Exonerated" at the northeast gateway of Central Park, Monday Dec. 19, 2022, in New York.

Charles Whitaker, dean of the Medill journalism school at Northwestern University. "We've known both anecdotally, and through my personal experience with the Black press, that Blacks have long been dissatisfied with their cover-

"There's a feeling that Black Americans are often depicted as perpetrators or victims of crime, and there are no nuances in the coverage," Whitaker said.

Associated Press

That attitude is reflected in the Pew study's finding that 57% of respondents say the media only covers certain segments of Black communities, compared to 9% who say that a wide variety is depicted.

"They should put a lot more effort into providing context," said Richard Prince, a columnist for the Journalisms newsletter, which covers diversity issues. "They should realize that Blacks and other people of color want to be portrayed as having the same concerns as everybody else, in addition to hearing news about African American concerns."

Advertising actually does a much better job of showing Black people in situations common to everybody, raising families or deciding where to go for dinner, he

Prince said he's frequently heard concerns about Black crime victims being treated like suspects in news coverage, down to the use of police mug shots as illustrations. He recently convened a journalist's roundtable to discuss the lingering, notorious issue of five Black men who were exonerated after being accused of attacking a white jogger in New York's Central Park in the 1980s.

New York bans facial recognition in schools after report finds risks outweigh potential benefits

By CAROLYN THOMPSON **Associated Press**

New York state banned the use of facial recognition technology in schools Wednesday, following a report that concluded the risks to student privacy and civil rights outweigh potential security benefits.

Education Commissioner Betty Rosa's order leaves decisions on digital fingerprinting and other biometric technology up to local districts.

The state has had a moratorium on facial recognition since parents filed a court challenge to its adoption by an upstate district.

Lockport Central School District activated its system in January 2020 after meeting conditions set

by state education officials later that year. at the time, including that no students be entered into the database of potential threats. The district stopped porate the technology in using the \$1.4 million system the aftermath of deadly

The western New York district was among the first in the country to incor-



In this July 10, 2018, file photo, a camera with facial recognition capabilities hangs from a wall while being installed at Lockport High School in Lockport, N.Y.

Associated Press

mass school shootings that have led administrators nationwide to adopt security measures ranging from bulletproof glass to armed guards. Lockport officials said the idea was to enable security officers to quickly respond to the appearance of disgruntled employees, sex offenders or certain weapons the system was programmed to detect.

But an analysis by the Of- Biotechnology would not month "acknowledges that the risks of the use of (facial recognition technology) in an educational setting may outweigh the benefits."

The report, sought by the Legislature, noted "the po-

tentially higher rate of false positives for people of color, non-binary and transgender people, women, the elderly, and children." It also cited research from the nonprofit Violence Project that found that 70% of school shooters from 1980 to 2019 were current students. The technology, the report said, "may only offer the appearance of safer schools."

fice of Information Tech- stop a student from enternology Services issued last ing a school "unless an administrator or staff member first noticed that the student was in crisis, had made some sort of threat, or indicated in some other way that they could be a threat to school security," the report said.



Israel says it foiled Iranian plot to target, spy on senior Israeli politicians

By JULIA FRANKEL **Associated Press**

JERUSALEM (AP) — Israel arrested five Palestinians in a plot allegedly hatched in Iran to target and spy on senior Israeli politicians, including Israel's far-right national security minister, the country's internal security agency said Wednesday.

The Shin Bet security service alleged that an Iranian security official living in neighboring Jordan had recruited three Palestinian men in the Israeli-occupied West Bank and another two Palestinian citizens of Israel to gather intelligence about several high-profile Israeli politicians.

The targets included National Security Minister Itamar Ben-Gvir a firebrand Israeli settler leader who oversees the country's police force in Prime Minister Benjamin Netanyahu's ultranationalist government as well as Yehuda Glick, an American-born far-right Israeli activist and former member of parliament.

The plan was foiled by Israeli intelligence officials, the Shin Bet said, without offering evidence.



Israel's National Security Minister Itamar Ben-Gvir attends the weekly cabinet meeting in Jerusalem, Sunday, Sept. 10, 2023.

Associated Press

Iran's mission to the United Nations did not immediately respond to a request for comment on the allegations. Ben-Gvir, who draws inspiration from a racist rabbi, has provoked outrage across the wider Middle East for his particularly hard-line policies against the Palestinians, anti-Arab rhetoric and stunts and fre-

quent public visits to the holiest and most contested site in the Holy Land. The hilltop compound in Jerusalem, revered by Jews as the Temple Mount and by Muslims as the Noble Sanctuary, is at the emotional center of the Israeli-Palestinian conflict.

Glick is a leader in a campaign that pushes for increased Jewish access and prayer rights at the sacred Jerusalem compound, the holiest site in Judaism home to ancient biblical Temples. Today, the compound houses the Al Agsa Mosque, the thirdholiest site in Islam. Since Israel captured the site in 1967, Jews have been allowed to visit but not pray

there. Glick survived a 2014 Palestinian assassination at-

The Shin Bet did not elaborate on the identity of the Iranian official in Jordan who allegedly orchestrated the plot. He is not in custody and apparently remains at large.

But the Shin Bet accused three Palestinian men in the West Bank identified as 47-year old Murad Kamamaja, 34-year-old Hassan Mujarimah and 45-year-old Ziad Shanti of gathering intelligence and smuggling weapons into Israel. The security service also said that it charged two Palestinian citizens of Israel over their involvement in the plot. It did not specify how the men planned to target Ben-Gvir and the other poli-

Ben-Gvir claimed that the Palestinian suspects had conspired to "assassinate a minister in Israel," without clarifying whether he meant himself or another minister. He thanked Israeli security forces for uncovering and capturing what he called the "terrorist squad."

Plans for Poland's first nuclear power plant move ahead as U.S. and Polish officials sign an agreement

been high.

WARSAW, Poland (AP) — verified in terms of safety Polish and U.S. officials is nuclear energy, which is signed an agreement Wednesday in Warsaw to move forward with the construction of Poland's first nuclear power plant as part of an effort by the Central European nation to move away from polluting fossil fuels.

Prime Minister Mateusz Morawiecki called the deal to build the plant at the Lubiatowo-Kopalino site in the Pomerania region near the Baltic Sea the beginning of a new chapter for Poland. and described nuclear energy as a stable and clean energy source.

"The only clean, stable energy source that is technologically proven and having its big day today," he said at the ceremony.

Morawiecki's government had announced last year that it had chosen the U.S. as its partner for the project.

A consortium made up of Westinghouse and Bechtel signed the agreement with the Polish state-owned utility overseeing the nuclear vided on the matter. That is program, Polskie Elektrown- a reflection of how fears of ie Jądrowe (PEJ).

The planned site is about 280 kilometers (175 miles) from the border with Germany, which shut its last remaining nuclear reactors in April. Last year, the four German states closest to Poland said they were op-

environmentalists Many traditionally oppose nuclear energy, and in Poland some argue that the initial cost is so high and that it takes so long to develop that it makes more sense to invest in renewable energies. Still, opposition in Poland to the plan has not

posed to the Polish plan.

Even the Greens party is diclimate change have persuaded some environmentalists around the world to embrace nuclear power as a solution, because it doesn't involve the burning of fossil fuels. Poland is planning to spend \$40 billion to build two nuclear



Poland's Prime Minister Mateusz Morawiecki talks to journalists as he arrives for the third EU-CELAC summit in Brussels, Belgium, Tuesday, July 18, 2023.

Associated Press

power plants with three reactors each, the last one to be launched in 2043. The deal with the U.S. is for the

first three reactors of the Pomerania plant, which officials say should start producing electricity in 2033.



Philippines says it will remove any barrier China installs in the disputed South China Sea

By JIM GOMEZ **Associated Press**

MANILA, Philippines (AP)

- Filipino forces would dismantle any floating barrier that China's coast guard may install in the disputed South China Sea, a Philippine admiral said Wednesday after Manila infuriated China by removing one such obstruction in a contested shoal.

Philippine officials strongly condemned the installation last week of a 300-meter (980-foot) -long barrier by Chinese coast guard vessels at the entrance to the lagoon of Scarborough Shoal as a violation of international law and the country's sovereignty. The barrier has prevented a swarm of Filipino boats from entering the rich fishing area, they said. The shoal lies within the Philippines' exclusive economic zone just west of the main Luzon Island, but has been occupied by China since 2012 as part of a push by Beijing to lay claim to virtually the entire South China Sea.

On Monday, the Philippine coast guard said it has complied with an order by President Ferdinand Marcos Jr. to launch a covert operation to remove the



A Chinese coast guard ship tries to block the way of a Philippine supply boat, left, as it heads towards Second Thomas Shoal, locally known as Ayungin Shoal, at the disputed South China Sea on Aug. 22, 2023.

Associated Press

rope and net barrier held up by small buoys in the mouth of the shoal. China reacted on Tuesday by asking the Philippines "not to make provocations or seek trouble." "Huayang Island is China's inherent territory," Chinese Foreign Ministry spokesperson Wang Wenbin said in a news briefing in Beijing on Wednesday, referring to the Chinese name for Scarborough.

"What the Philippines (has) done is nothing but a farce that entertains itself. China will continue to safeguard territorial sovereignty and maritime rights and interests of Huangyan Island." Philippine Vice Adm. Alberto Carlos, who heads the military's Western Command in charge of overseeing the South China Sea, told journalists he was concerned that the Chinese coast guard may also install a similar floating barrier at the entrance to Second Thomas Shoal, which is occupied by a small Philippine navy contingent on a long-grounded warship but has been surrounded by Chinese coast guard ships. "My concern is, if they also put a barrier in Ayungin ... we also have to remove the barrier," Carlos told journalists, using the Philippine name for Second Thomas Shoal. "Whatever they install, we will remove."

Under Marcos, who took office last year, the Philippines has intensified efforts to fight China's increasingly aggressive actions in one of the world's most hotly contested waters. The Philippine coast guard now often invites journalists to join its territorial patrols in an effort, it says, to expose China's bullying in the busy waterway.

Aside from China and the Philippines, Vietnam, Malaysia, Brunei and Taiwan are also involved in the long-simmering territorial conflicts in the South China Sea. They which have long been regarded as a potential Asian flashpoint and a delicate fault line in the U.S.-China rivalry in the region.

Washington lays no claim to the sea passageway, a major global trade route, but U.S. Navy ships and fighter jets have carried out patrols for decades to challenge China's expansive claims and promote freedom of navigation and overflight. China has told the U.S. to stop meddling in what it says is a purely Asian dispute. 🔲

Scottish officials approve U.K.'s first drug consumption room intended for safer use of illegal drugs

By SYLVIA HUI **Associated Press**

LONDON (AP) — Scottish authorities on Wednesday approved a 2.3 million-pound (\$2.8 million) pound drug consumption room, the first governmentbacked place in the U.K. where users can take illegal drugs such as cocaine and heroin under the supervision of medical staff.

Wednesday approved the ers have raised concerns the facility, and that health facility, which had long about the impact on local and social workers at the been delayed by political residents and businesses. disagreements. Authorities hope the pilot project will help tackle drug mis-

which has the highest drug death figures in Western Europe and saw almost three times the rate of drug poisoning deaths compared to the U.K. average in 2021. The facility, which will start recruiting staff next year, was first proposed in 2016 following an HIV outbreak in Glasgow among people who injected drugs in public places. It's backed by Local officials in the Scot- the Scottish government, Officials say people can't tish city of Glasgow on although some lawmak- share drugs with others in Proponents,

Scotland's drug and alcohol policy minister Elena use problems in Scotland, Whitham, say evidence age drug use but promotes

from more than 100 similar facilities worldwide, including in Germany and the Netherlands, show they work to save lives and reduce overall costs to health services.

The center will be staffed by trained health care professionals and offer a hygienic environment where people can consume drugs they obtained elsewhere.

center will offer advice and including support on recovery and welfare. They added that the center doesn't encourharm reduction and reduc- es overdoses.



A view of a mock drugs consumption room - where users take heroin under medical supervision - staged at Colston Hall in Bristol, Jan. 24, 2020.

Associated Press





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Aruba's most family-friendly beaches

(Oranjestad)—One biggest concerns that parents have when travelling with their children is a guarantee of their safety and healthy enjoyment. Therefore, we thought it would be a great help to travelling parents to list off some the most familyfriendly beaches around the island.

Baby Beach in San Nicolas

Baby Beach is one Aruba's most popular and visited beaches, and for good reason: This sandy and quiet lagoon is a great place for parents to sit back and relax while their children play in the shallow shores of the beach. Beside the relaxing atmosphere, there are also several services

your stay, like a parking lot, sun tent rentals, chairs, bathrooms and a snack bar right at the far left of the beach.

Mangel Halto in Pos Chiquito

Mangel Halto is situated in the back streets of the Pos Chiquito city. Though there are several stairs on the sides of the beach cliff leading you down, the best spot for families to hang out is across the bridge, passed the mangrove trees near the entrance sign. Here, there are small and big palapas, perfect for big and small families to set up their belongings. In this area, the shore is also shallow, falling right around

of that may accommodate your knee before slowly getting deeper: perfect for kids to safely play.

Eagle Beach/Palm Beach in the hotel area

Yet another highly popular beach site, Eagle Beach and Palm Beach is where most of our visitors go to tan, swim or play in the white sand. Because they are near the low-rise and high-rise hotel areas, these beaches are the most accessible for visitors on foot. These beaches also offer many palapas free to use, but you can also rent chairs and tents. Much like Baby Beach, these sites are one of the best beaches for your children to play and build sand castles.



Boca Catalina in Malmok

Boca Catalina is a small bay beach near the Malmok beach area further down the hotel areas. Though it may not be a very sandy beach, it is relatively quiet and tranquil. This is a great place for family to lay down a big blanket and have a little picnic. This is also one of the best places to snorkel, as this area is filled with little fish and corals,

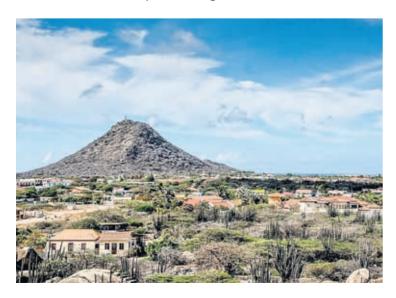
even close to the shore.

Palm Island

Ok, this one is technically not a beach, but a mustvisit attraction for family fun. This small water park oasis is located further down the Manael Halto Beach and is reachable by boat. This water park offers 6 hours of fun activities, food, drinks, and a chance to see pink flamingoes up close!

Enjoy one of the best views on Aruba at the top of the Hooiberg Hill

(Oranjestad)—If you are a regular hiker, or maybe want to spice up your morning work out session, then you might enjoy one of the most popular climbing sites on the island: The Hooiberg Hill. Accompanied with a 600-step staircase, this hill overlooks a great part of the island, the Caribbean sea, and sometimes even the Santa Anna the second highest point **mountain located in the** on the island at 165 meters coastal state of Falcon in above sea level (or about Venezuela, providing one of the best views you can get on Aruba.



located at the center district of the island, Santa Cruz, the Hooiberg Hill is 540 feet above sea level). The highest point is Jamanota Hill at 189 meters (620 feet), located in the Arikok National Park.

The staircase that run on the side of the hill was first built in 1951, when Mr. Eduardo Tromp constructed it. At that time, the staircase consisted of 900 steps. Over time, as the steps faced erosion, the government decided to renovate these stairs in 1991. This new project delivered the newer staircase with only 587 steps. However, don't be fooled—it may still be



a work out to get on top. In addition, there is now a gazebo placed halfway up the stair for a little rest. The view at this resting stop is also a sight to see.

The best time to climb the hill would be early in the morning or right before sunset, as it may not be as hot. However, the hill is of course open all day, every day. 🔲

TEDAY.

Craving something different? Allegra Bistro has got you covered



No matter the time of day, Allegra Bistro is ready to serve you an unforgettable culinary experience as they're open for breakfast, lunch and dinner at the Courtyard by Marriott Aruba Resort.

No matter if you're a morning person or like to sleep in, Allegra Bistro is open from 7am to 11pm, giving you more than enough time to stop by and grab something delicious to eat.

As well as being the perfect spot for a delicious breakfast, family lunch or a night out for dinner with accessible prices starting from 10\$ (plus a 15% service charge), Allegra is also rentable for special events. Aside from having amazing food available all day long, there are also special events going on every single day at the resort, like a complimentary kids cave for example or the Kids Yoga for only \$20. You may also opt for a \$35 day pass including Food and Beverage credit to be used at this amazing Resort.

Ask for the specials for a lodging experience at Courtyard by Marriott Aruba Resort. As of September, your stay will include a complimentary Breakfast Buffet for two at Allegra Bistro, complimentary welcome drink, activities such as Yoga and Aqua Zumba, 24-hour gym access, 10-minute complimentary massage and much more.

Once you're done having a hearty meal, let the kids enjoy themselves to their heart's content, you can continue exploring Aruba right in front of the resort by visiting the famous Bird Sanctuary, as well as a special beach shuttle that transports the guests to the beach during the day, which is a walking distance from where you can enjoy the heat of Palm Beach's nightlife at night.





Aruba to me



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Last but not least: check out our website, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again.

For today we received a lovely message from the Shorupski family who are visiting us from Tampa, Florida.

They wrote to us saying: "Aruba to us is FUN."

Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers!



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SAN NICOLAS— At Just 11 miles southeast from Oranjestad you will enter the city San Nicolas, also known as Sunrise City or Chocolate authentic culture and island charm. San Nicolas is Aruba's second largest city and was once a bustling company town dominated by the oil industry since the early 1930's.

Over the course of four decades, its demographics had changed immensely due to a stream of Afro-Caribbean and South American workers who came to fill the jobs in the oil refinery between the 1920's until the 1960's. To this day traces of the multicultural influences in culinary offerings and customs, housing and population are clearly visible in San Nicolas - more than anywhere else on the island.

Flow of history

if you are looking for history San Nicolas has it. Here you will find three amazing museums, The Museum of City. A city that is rich in Industry, the Community Museum and the Carnival Euphoria, all within walking distance from one another. The Museum of Industry is situated in the Water Tower in San Nicolas and narrates Aruba's industrial history which began in the 19th century. Here you will learn about gold, aloe, phosphate, oil and the tourism industries which made San Nicolas once a bustling business center. Experience the touching stories of those who were part of this history.

Nicolaas Store built in 1940 and renovated in 2014 is the home of the Community Museum. The collection is remarkable and spans millennia. Ancient fossils stand next to tableaus of an authentically recreated colo-

nial kitchen and bedroom and 19th-century barbershop, just to name a few of the items of old-time Aruba that has been preserved. A collection of artifacts and other objects of artistic, cultural, historical, or scientific importance can be found here for the purpose of education or enjoyment.

Carnival Euphoria is showcasing Aruba's Carnival. See how are Carnival has developed over the past 65 years.

The new San Nicolas

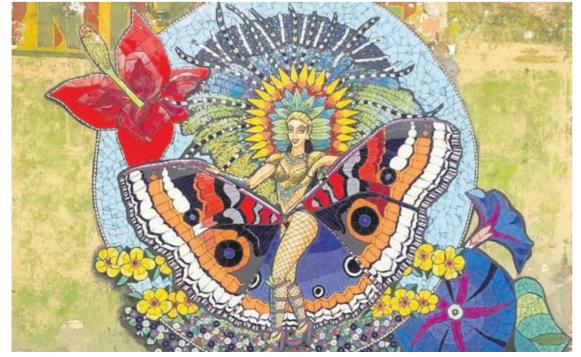
In the shadow of the refinery, an art capital is quietly beginning to grow. This is the new San Nicolas, a place that is starting to become a magnet for all that is young, cool and hip in Aruba. Indeed, San Nicolas has all of the ingredients of an emerging cultural hub — varied history, interesting architecture, and, perhaps most importantly, an



urban layout that makes it walkable. As you walk around, the streets are silent but the walls are loud, filled with bright, colorful murals painted by a collection of artists from around the world. Thanks to the efforts of various art organizations in Aruba, such as Art Rules Aruba and Aruba Art over with regards to vibrant street art. Each year more and more stunning murals are replacing broken down buildings with colorful art pieces that keep brightening up SunriseCity.

Must See, Do, Buy & Eat

A little bit of everything can be found in the main street. Stores selling shoes, clothing, jewelry you name it. Arts & crafts by Cosecha store & Creative Center, a design store in which you can immerse yourself in discovering genuine and locally made arts and crafts Fair, San Nicolas has had which reflect the diversifiquite the aesthetic make- cation of the Aruban craft heritage and the artistic supply of artisans. Don't miss out on trying the exquisite food offered by the cafes and restaurants or just enjoy a peaceful walk admiring the murals, mosaic benches and all the history San Nicolas has to offer.



Episode 57: Ancient power tools: the Shamans stick and staff



ORANJESTAD — The Sha- serves primarily to direct mans stick or wand is a thin, light-weight rod that is held with one hand, and is traditionally made of wood, bone or antlers, but may also be made of other materials, such as metal or stone or anything that can be made into a stick. A wand that is used for magical purposes is often called a magic or shamans stick, rather than simply a stick.

The stick is an extension of our own energies, amplifying and extending those energies for psychic communication, healing, enchantments, protection and energy balancing.

In the shaman's world, all things have a spirit and everything is alive.

Shamans sticks serves a similar purpose to athames (ritual daggers), though the two objects have their distinct uses: An athame is used to command, whereas a stick is seen as more gentle, and is used to invite or encourage.

The most common misconception about the Shamans stick is that it is a fire tool. The stick in principal is actually an air tool that it is made out of wood, which burns easily when in contact with fire energies. While popular movies, such as Harry Potter, often portray the stick as a multi-purpose tool that can handle air and fire energies, it is actually the Athame, or magical knife, that can handle multiple types of energy.

Modern shamanic and esoteric practices include the use of a ritual stick. The stick is an instrument of invocation of spirits and

spiritual energy. Healing energy can be mentally transmitted through the stick and out into the environment or into a patient's body. Prayer and intention can be broadcast to the spirit world. It may serve as a divination tool, extraction aide, and purifying device. The Shamans stick or wand dates back to prehistoric times. Some of the first depictions of a stick comes from Egypt, in the hands of the Pharaohs. The Greek god Hermes is depicted with a caduceus, a winged stick or staff with two snakes coiled around it. In Celtic mythology, the so-called "Triple" or "Triadic" Goddesses are often seen or depicted with sticks.

Sticks should be made from the limbs of a living tree or recently fallen from a living tree, preferably of a light-colored wood, since air colors are clear, white and sky blue. The limb should be between 1/4 and 3/8 inch, and be no longer than from the bend of your elbow to the tip of your middle finger.

Longer sticks are considered as a wizard or Shamans staff. A staff serves as a tool and frequently a symbol of status and power. Some staffs are adorned with talismans and feather, carved with various patterns and designs, we find that a smooth surface with no carving produces the greatest and most effective flow of air energies. The staff is generally a highly personal piece of equipment - often one he makes for himself - and will generally reflect his personality in appearance and function. Using another wizard's staff may be dangerous or even impossible - some users believe that they are self-aware to some degree or at least highly bonded to their creator and resist strangers - although there are some stories of staves being inherited.

The staff may serve as a larger replacement for a stick or may be a separate tool to be used alongside it, depending on tradition. In many systems the staff serves as a magical earthling or stabilizing device or as a concentrator or reservoir for magical power. Alternatively they may serve to maintain a spell which would normally take the Shaman's own effort to

prolong. In most traditions

they can also serve as an extension of the Shaman's body, delivering workings that would normally require him to touch the subject. Staves are traditionally made of wood. It may also be possible to make a staff from bone, metal or even minerals such as or composites. The materials of construction may vary depending on the type of magic the staff is to specialize in, and shaping and ornamentation may be vital magic.

Like most magical tools, your stick or staff should be "keyed" or personalized to your own energies. Keying aligns the flow of the base to tip, and ensures that only you will be able to use it. If you're a beginning practitioner, the stick is an excellent first tool, allowing you to practice the major techniques of sweeping, pulling, flowing and flaring without endangering yourself or others.

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Did you know about... Basic driving rules on Aruba (part 2)



(Oranjestad)—In Yesterday's issue, we've provided some basic rules when driving on the four-lane highways and roundabouts on the island. Today, we want to offer you more tips and tricks when it comes to driving on the roads and highways of Aruba.

Speed limit in certain areas

As mentioned in yesterday's issue, the legal minimum and maximum speed limit on the island is 50 and 80 km/h respectively. However, there are some areas where it is mandated to drive up to a certain speed. This is always indicated by a circular traffic sign with red border and the number 50 on it. Signs like these are always paired by a similar sign with the number crossed out further down the road. This means that the mandate for this speed is now over; you may increase your velocity. Red borders on traffic sign—whether it's a circle or triangle—usually signal a warning, prohibition or preference.

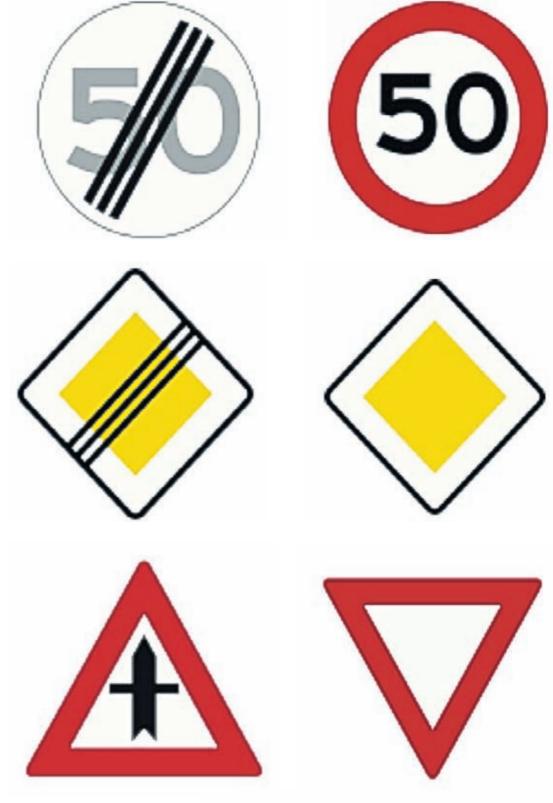
Besides the "50" sign, you may also encounter a traffic sign that says "bebouwde kom". These can be Oranjestad. Bebouwde kom sings are rectangular and blue, and essentially tell you that you are in a heavily inhabited area. The maximum speed limit in a bebouwde kom is 50 km/h. However, be careful not to Just like the previous pair, confuse this sign with a simi-

bebouwde kom signs are also paired with a similar sign crossed out.

Priority signs

On the main roads of Aruba (not the highways), you may see a yellow, squared sign with a white border. This sign tells you that on this road, you have priority and all other traffic should yield to you. This sign can be seen in Savaneta for example. So, if you are driving on the main road in Savaneta going to San Nicolas, you are driving on a single long road, and other cars that want to get on this main road or cross it, either from an intersection or from a dirt road, must all wait until traffic on the main road is clear. In other words, you do not have to stop for them. This sign too has a counter part that indicates that your priority is over.

Another priority sign you may encounter is a triangle sign with a red border and something that looks like a cross. You'll see this sign in an intersection. The general rule of thumb for crossing an intersection that do not contain traffic lights, roundthe road, is to always yield found in San Nicolas and for traffic on your right. incoming traffic. However, if you encounter this sign on your side of These are some of the bathe intersection, you have priority over the other cars, even the one on your right.



lar up-side down triangle, also found on intersections. This sign is a prohibition sign, telling you that you have to stop and give other cars priority. Of course you also have a "stop" sign that mean the same thing. The stop sign is generally used abouts, sign or arrows on for tricky intersections with minimal view of opposite

> sic rules that you would have to know if you decide to drive on the island. These are of course other traffic signs, and we recommend you visit aruba-travelguide.





com for an extensive overview of all traffic signs used on Aruba. 🗌

Picture credits: aruba-travelguide.com

CROSSWORD By THOMAS JOSEPH 40 Blender **ACROSS**

1 Wild speed guess 41 Dodge 5 Company 43 Moved division cautiously

10 Home run, 44 Easy runs in slang 45 Judges 12 Con-46 "Chicago"

actor

output

2 Shire of

"Rocky"

3 Crooked

5 Epic tale

DOWN

cerning 13 Chosen

few 14 Relish 15 Feel poorly

16 Splash in drops 18 Be

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Flow* singer 23 Good

times 24 Mint product

26 Baseball's Rose

28 Cargo amount 29 Weakens

31 Each and every 32 Future

cake 36 Serving

aid 39 Hearty brew

GARGLE IBERIA SEXIST RÓDE MASHUP MACE AMPLE ERRHAYSEED ONE DAG EMPLOYS USE RAPID SPED ENSURE TAVERN MADE BLUA ALPS HANSOM

Yesterday's answer

30 Tad's dad 8 Muse of music 33 Grayish 9 Mall units brown

1 Teakettle 11 Bristles at 34 Tribal 17 Be a leader

snoop 35 Baseball's 19 Toe count Pee Wee

37 Abound 4 Track act 22 Duds 38 Danson 24 Conspire 6 Touch on 25 Blow up and

7 Missed 27 ld --Turner opportuni- 28 Desig-42 Fireplace ties nated item

AXYDLBAAXR is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

9-28 CRYPTOQUOTE

LA VXUTDY KURC DCV UT Q

VQGU Q T L YQI, " V X C

KUMFQFI. QTL YVCH AT UV."

- LOEUL PAYVOF ZOKKOOC Yesterday's Cryptoquote: WHEN THE WHOLE WORLD IS SILENT, EVEN ONE VOICE BECOMES POWERFUL. — MALALA YOUSAFZAI

Shopping for Medicare Advantage: 6 pitfalls to avoid



This Nov. 8, 2018 file photo shows a page from the 2019 U.S. Medicare Handbook in Washington.

Associated Press

By KATE ASHFORD of Nerd-

Only 3 in 10 Medicare beneficiaries shop around during open enrollment, according to a 2022 analysis from KFF, a health policy nonprofit and only 1 in 10 Medicare Advantage enrollees voluntarily switch plans.

But a 2020 analysis of Medicare Advantage plan choices by the National Bureau of Economic Research found that more than half of beneficiaries overspent by more than \$1,000 due to the plan they selected.

Medicare open enrollment is Oct. 15 to Dec. 7, giving people with Medicare a chance to change plans for the upcoming year. Although potential Medicare Advantage enrollees may be swayed by \$0 premiums and extra perks like vision and dental coverage, there are more important features to explore when you're choosing next year's coverage.

Here are some practices to avoid as you shop for Medicare Advantage this

9-28

1. THINKING MEDICARE ADVANTAGE IS MEDI-CARE

If you're considering Medi-

care Advantage, understand that it's not the same thing as government-provided Medicare. It offers the same benefits, but Medicare Advantage is run by private health insurance companies and it operates differently.

"You are essentially taking the Medicare coverage that you've been provided by the government and turning that in," says Melinda Caughill, co-founder and CEO of 65 Incorporated, which offers Medicare guidance.

You can switch back to Original Medicare during each year's open enrollment period, but you may not be able to qualify for an affordable Medicare Supplement Insurance, or Medigap, plan once you're past the one-time Medigap open enrollment period. (Medigap helps with certain out-of-pocket costs not covered by Original Medicare.)

2. ASSUMING YOUR DOC-TORS ARE IN NETWORK

Advantage Medicare plans operate within networks of medical providers, and you usually must see in-network doctors for covered care.

"A lot of people don't realize that especially those

\$0-premium plans they tend to have fairly confined networks," says Emily Gang, CEO of the Medicare Coach, a site that provides Medicare guidance. "You want to double-check that your doctor is actually an approved provider in that network." Ask your providers what insurance they'll be accepting in 2024, suggests Sarah Murdoch, director of client services for the Medicare Rights Center, a nonprofit consumer advocacy organization. It's easier than trying to check each plan's network individually.

3. NOT CHECKING YOUR **DRUG COVERAGE**

Like network providers, drug coverage can also change each year. Your drug plan might cover one of your medications differently in 2024, leaving you with more out-of-pocket costs than you expected. "If you take even one brand name medication, your need to compare plans is incredibly high," Caughill says. No brand names on your list? Shop around if you take five or more medications in gen-

4. BUYING FOR THE DENTAL **BENEFITS**

Medicare Advantage plans usually include benefits that aren't part of Original Medicare, such as dental, vision or hearing coverage. These extras may be appealing, but don't let them steer your plan choice.

"First of all, it's health insurance so how is it going to cover your health care providers and your medications?" says Katy Votava, who holds a doctorate in health economics and nursing and is president and founder of Goodcare, a consulting firm focused on the economics of Medicare. "If you pick (your plan) for a benefit that isn't health insurance, you're often picking wrong. And the dental benefit is pretty limited in all these plans it's a couple of cleanings and some bite wings."



Boost in solar energy and electric vehicle sales gives hope for climate goals, report says



Even Berrios, left, and Nicholas Hartnett, owner of Pure Power Solar, install a solar panel on the roof of a home in Frankfort, Ky., July 17, 2023.

Associated Press

By SIBI ARASU **Associated Press**

The window to limit humancaused warming to a globally agreed goal is narrowing but still open because of the huge growth of solar energy and electric vehicles sales worldwide, a report said Tuesday.

For the last two years, the rate of the build up of solar energy and electric vehicle sales were in line with achieving emissions reductions targets that will help cap warming to 1.5 degrees Celsius (2.7 degrees Fahrenheit) above preindustrial levels, the Parisbased International Energy Agency said.

renewable power needs to triple by 2030, the goal.

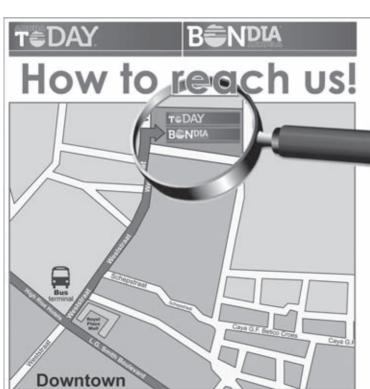
short term.

sale of EVs needs to rise much more sharply 70% of all vehicle sales as opposed to the current 13% and methane emissions from the energy sector needs to fall by 75% if global warming is to be curbed to the the Paris Agreement

Methane is a powerful greenhouse gas that is up to 80 times more potent than carbon dioxide in the

Investments in climate action also need to rise, from \$1.8 trillion in 2023 to \$4.5 trillion annually by the early 2030s, the report said.

"Global climate continues to change at a frightening



speed," said Fatih Birol, executive director of the IEA at an online press event, but "there are legitimate reasons to be hopeful.

The spectacular increase in clean energy is keeping the door still open."

The report found that solar power capacity increased nearly 50% in the last two vears and electric car sales increased by 240%.

But carbon dioxide emissions from the energy sector which includes the production of coal, oil and gas remain worryingly high, reaching a new record of 37 gigatons last year.

"Instead of starting to fall as envisaged in our 2021 report, demand for fossil fuel has increased." the report said, pointing to Russia's invasion of Ukraine as well as lack of investments in supply chains for clean energy for the growth in



Editor

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dirty fuels.

Failure to increase ambition to slash emissions would create additional climate risks and make achieving the 1.5 degrees Celsius (2.7 degrees Fahrenheit) goal dependent on a massive deployment of carbon removal technologies which are expensive and currently unproven at scale

Nearly five gigatons of carbon dioxide would have to be removed from the atmosphere every year during the second half of this century if countries don't drastically reduce emissions to recommended levels, the IEA said.

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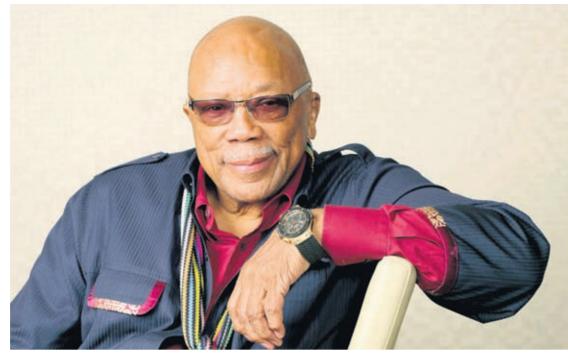
Quincy Jones is State Department's first Peace Through Music Award as part of new diplomacy push

By MARIA SHERMAN **AP Music Writer**

LOS ANGELES (AP) — Quincy Jones, who once embarked on an international diplomatic tour with jazz great Dizzy Gillespie, will receive the U.S. Department of State's inaugural Peace Through Music Award.

A ceremony honoring the 28-time Grammy winning producer, musician and arranger will be held Wednesday night and as part of the launch of the State Department's new Global Music Diplomacy Initiative.

The award recognizes American musicians, producers, professionals and beyond who have "played an invaluable role in crosscultural exchanges and whose music work advances peace and mutual understanding alobally," according to a press release. Jones will receive the award from Secretary of State Antony Blinken and Recording Academy CEO Harvey Mason jr. at a ceremony boasting an eclectic lineup of American and international talent across generations and genres. Dave Grohl, Mickey Guy-



Music producer Quincy Jones poses for a portrait to promote his documentary "Quincy" during the Toronto Film Festival on Sept. 7, 2018, in Toronto.

pher Jackson, LADAMA, Aimee Mann, Rakim, Armani White, and DJ 2-Tone will perform.

In 1956, Jones served as the music director and trumpeter for Gillespie and his band on the first U.S. State Department jazz tour of Southern Europe, the Middle East, and South Asia. The tour was part of a Cold War program to spotlight American music and culture and counteract similar efforts by the Soviet Union.

Jones went on to become one of the biggest influences on music, producing the top-selling album of all time, Michael Jackson's "Thriller" and "We Are the World", and receiving Oscar nominations for the score and original song from "The Color Purple."

The Global Music Diplomacy Initiative launch includes three key announcements: a partnership between the State Department and the Recording Academy for the American Music Mentorship Program to bring artists to the U.S. for career development opportuni-

Associated Press

ties (the first kicks off in Fall 2024); music-focused efforts to promote an English-language learning curriculum abroad and the Fulbright-Kennedy Center Visiting Scholar Award in Arts and Science.

"You're going to see a longstanding partnership between the Academy and the State Department," Mason said in an interview. He called music the ideal tool for diplomacy.

"I just believe music has a special and unique way of bringing people's awareness to the forefront. And it's almost darn near magic. It's like, we call it 'the miracle of music.' It has the ability to have people who may or may not even like each other, stand next to each other, and nod their head, clap their hands and sing," he said.

"Or it has people who might come from different countries or have different beliefs, different religions all total polar opposite views of the way the world works but they love their favorite artists, and they all love it just the same as the other man or woman."

The State Department has long instituted music-based diplomacy initiatives, from President Roosevelt founding the Office of Inter-American Affairs (OIAA) in 1940 to Bruce Springsteen performing for 300,000 fans in East Berlin in 1988, the year before the wall fell, to the 2010s "Next Level," an effort to build a global community through hiphop.

Gary Sinise to receive honorary AARP **Purpose Prize Award**

AP Entertainment Writer

ton, Herbie Hancock, Ja-

mie Barton, GAYLE, Christo-

LOS ANGELES (AP) — Gary Sinise will receive an honorary AARP Award for his work through his foundation that supports military members and first responders.

organization announced Tuesday that Sinise will receive the honorary AARP Purpose Prize on Oct. 25. The Emmy and Tony award winner will be through his Gary Sinise Foundation.

Sinise's foundation which launched in 2011 honors military members, veter-

By JONATHAN LANDRUM Jr. families and those in need. Some of his charitable efforts include building adapted homes for severely wounded veterans and first responders, uplifting military members and families through entertainment, mental wellness programs and financial support in crucial moments.

Sinise co-starred in "Apollo 2. Peter Jensen of Little awards during a ceremony 13" and "Forrest Gump," Rock, Arkansas, whose The playing a seriously wound- REACH Institute works to ed Vietnam War veteran, ensure vulnerable children their communities. recognized for his work and led the cast of "NCIS: have access to best prac-NY" for nine season.

Five individuals will be awarded the AARP Purpose Prize, which honors Alabama, whose Vivian's ans, first responders, their who are making a differ- grow, scale, and reinvest in otherwise be able to afford

ence through their "knowledge and life experience." Each of their organizations will receive \$50,000.

The recipients include:

1. Ken Falke of Bluemont, Virginia, whose Boulder Crest Foundation focuses on the mental health and well-being of combat veterans and first responders.

tices in mental health care services.

3. Janice Malone of Mobile, people ages 50 and older Door helps Black businesses



Garv Sinise attends the LA premiere of "I Still Believe," at ArcLight Hollywood, Saturday, March 7, 2020, in Los Angeles. **Associated Press**

4. Don Schoendorfer of Irvine, California, whose Free Wheelchair Mission has shipped nearly 1.4 million wheelchairs to people in 94 countries who would not

5. Laura Stachel of Berkeley, California, whose We Care Solar promotes safe motherhood and reduces maternal mortality in frontline medical facilities.

Damian Lillard is being traded from the Trail Blazers to the Bucks, AP source says, ending long saga

By TIM REYNOLDS **AP Basketball Writer**

Damian Lillard is being traded by Portland to play alongside Giannis Antetokounmpo in Milwaukee, a person with knowledge of the agreement said Wednesday, a deal that ends his 11-year run with the Trail Blazers and a threemonth saga surrounding his wish to be moved elsewhere in hopes of winning an NBA title.

The seven-time All-Star a player so elite that he was selected to the NBA's 75th anniversary team goes from the Trail Blazers to the Bucks in a three-team deal that sends Jrue Holiday from the Bucks to Portland, Deandre Ayton from Phoenix to Portland and Jusuf Nurkic from the Blazers to the Suns, according to the person who spoke to The Associated Press on condition of anonymity because none of the involved teams had announced the agreement.

As with all trades, it cannot be finalized until NBA attorneys review the terms and approve the deal.



Portland Trail Blazers guard Damian Lillard (0) celebrates after a shot against the Orlando Magic during the second half of an NBA basketball game, Sunday, March 5, 2023, in Orlando, Fla. **Associated Press**

"The casuals won't be ad- which he was long specudressed but the trailblazers fans and city of Portland that I love truly will be ... and they will be addressed truthfully. Stay tuned," Lillard wrote on X, the platform formerly known as Twitter.

Excited for my next chapter!" It became known on July 1 that Lillard asked the Trail Blazers for a trade,

lated to be considering given his desire to play for a contender and Portland not seeming to have much of a chance with its current

He wanted to go to Miami and made that clear. Portland decided not to accommodate that request. and instead, it's the Bucks who now have an incredibly strong 1-2 punch of Lillard and Antetokounmpo heading into the new season. Lillard was asked on Twitter in May 2022 to pick one current player he'd want to help him reach the playoffs. He gave a oneword answer: "Giannis."

Also included in the deal: Nassir Little, Keon Johnson and Grayson Allen are headed to Phoenix, and

Toumani Camara goes to Portland. There is also draft capital that will be involved, the person said. Trading Ayton means that Devin Booker is now the lone player from the Phoenix team that played Milwaukee in the 2021 NBA Finals still on the Suns' roster. The trade continues the Bucks' dramatic offseason makeover in response to their surprising first-round playoff loss to Miami.

They followed up that playoff loss by firing coach Mike Budenholzer and replacing him with Adrian Griffin, who spent the last five seasons as a Toronto Raptors assistant. Now they've traded away the two-time All-Star Holiday to acquire Lillard, a seven-time All-NBA selection. The acquisition of Lillard comes after Antetokounmpo, a two-time MVP, told The New York Times over the summer that he wanted to see how committed the Bucks are toward winning another championship before deciding whether to sign a long-term deal to stay in Milwaukee.

Novak Djokovic takes his tennis racket onto the 1st tee of golf's Ryder Cup All-Star match

By ANDREW DAMPF **AP Sports Writer** GUIDONIA MONTECELIO, **Italy (AP)** — Ever the prankster, Novak Djokovic walked out onto the first tee for the Ryder Cup All-Star match with a tennis racket in his hand and pretended to take a swing at his golf ball.

"It actually would be better for me," the 24-time Grand Slam champion said Wednesday before going out his driver.

Turns out he knows how to use a golf club, too.

Djokovic drove his tee shot down the right side of the fairway into the first cut, hit his second shot onto the areen within 18 feet and left his birdie putt just short

of the hole for a gimme and a par 4. While Djokovic did land in the knee-high rough at one point during the seven-hole exhibition prompting onlookers to wonder whether he might grab one of the two tennis rackets in his golf bag again his highlight came on the reachable par-4 16th when he drove the green. He celebrated the shot like Cristiano Ronaldo by leaping and swiveling back to his bag and pulling with outstretched arms.

"Obviously I am much more it is this incredible noise comfortable hitting a tennis ball with my racket but I don't think I did too bad today," Djokovic said.

Before his shots, Diokovic repeatedly went in and out of his set-up position, kind of like the way he often

bounces the ball countless times before the toss for his serve in tennis.

Soccer stars Andriy Shevchenko and Gareth Bale also participated in the All-Star event, as well as Formula One driver Carlos

Djokovic plans to return to the Marco Simone club outside Rome for the start of the Ryder Cup on Friday. "I have to experience this unique atmosphere.

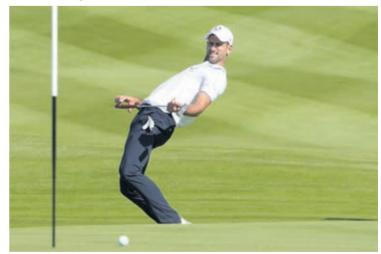
At 7 a.m. on Friday, I hear and something that is quite unique to experience," he said.

A Serbian, Djokovic has ties to team Europe.

"I've been friends with Rory McIlroy for more than 10 years, since when he

was engaged to the tennis player Caroline Wozniacki," Djokovic said. "So I particularly, and obviously follow him and actually I Europe." follow everyone.

But he's already a friend and I'm rooting for him



Tennis player Novak Djokovic reacts to his putt on the 18th green during an all stars golf match between Team Colin Montgomerie and Team Cory Pavin at the Marco Simone Golf Club in Guidonia Montecelio, Italy, Wednesday, Sept. 27, 2023.

Associated Press



Dolphins set numerous records in their blowout win over Broncos but miss out on a few more

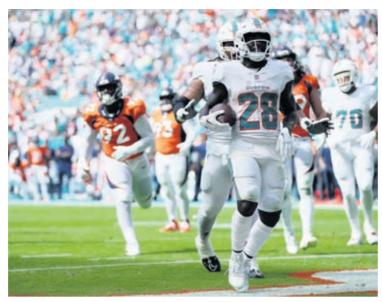
By JOSH DUBOW AP Pro Football Writer

The records kept getting set almost as fast as the Miami Dolphins scored last week against the Denver Broncos.

The first team ever with 10 touchdowns from scrimmage, the first to gain at least 350 yards through the air and on the ground, a record-tying two players with four touchdowns.

The Dolphins fell short of a few other notable marks in the 70-20 victory thanks in part to mercy by the coaching staff and a statistical guirk.

With a chance to become the first team since 1966 to top the 70-point mark



Miami Dolphins running back De'Von Achane (28) celebrates after scoring a touchdown during the second half of an NFL football game against the Denver Broncos, Sunday, Sept. 24, 2023, in Miami Gardens, Fla. The Dolphins defeated the Broncos 70-2

Associated Press

in a game, coach Mike McDaniel had Mike White take a knee on fourth down from the Denver 27 with 33 seconds left.

That's in stark contrast to the decision Washington coach Otto Graham made the last time a team scored 70 points in a game. Graham sent out kicker Charlie Gogolak for a 29yard field goal in the closing seconds of a 72-41 win over the Giants on Nov. 27, 1966.

Had McDaniel done the same, the Dolphins could have set the mark for points in a regular-season game. The overall record is 73 by Chicago in the NFL title game win over Washing-

ton in 1940. The only other team to score 70 was the Rams in 1950 against Baltimore.

The kneel down also cost Miami a chance to have the most yards per play in a game in the last 50 years. The Dolphins finished at 10.23 after taking a 1-yard loss, slightly behind the 10.3 for Kansas City in a 38-31 loss to the Jets on Dec. 3, 2017.

The Dolphins finished with 350 yards rushing and 376 yards passing for 726 in the game. Officially, the only team to gain more was the Rams with 735 against the New York Yanks in 1951.

But as the Pro Football Journal discovered, that total doesn't include a 13-yard sack taken by Norm Van Brocklin that under current scoring rules would have left the Rams with 722 total yards.

That doesn't diminish what Dolphins accomplished on a day when Tua Tagovailoa had more TD passes (four) than incompletions (three), Tyreek Hill had his 33rd TD of at least 40 yards and Raheem Mostert and De'Von Achane became the second set of teammates each to score four TDs in the same game. Priest Holmes and Derrick Blaylock did it for Kansas City on Oct. 24, 2004, against Atlanta.

THE NEED FOR SPEED

Any talk about what fuels the Dolphins' offensive success has to include speed as a prominent factor.

Miami features several of the fastest players in the NFL, and that shows up in the NFL's NextGen player tracking stats.

The Dolphins feature the five fastest speeds for ball carriers this season, led by Achane's 21.93 mph on his 67-yard touchdown run against the Dolphins.

That's followed by Hill's 21.66 mph on a 47-yard TD catch in Week 1, Mostert's 21.62 mph on a 43-yard TD run in Week 2, Hill's 21.52 mph on a 35-yard TD catch in Week 1 and Achane's 21.5 mph on a 3-yard TD run on Sunday. □

